

THE SAMARTH INSTITUTE OF EDUCATION, ACHALPUR CITY'S
LATE CHHAGANLAL MULJIBHAI KADHI KALA MAHAVIDYALAYA

Timber Depot Road, Achalpur Camp Tq. Achalpur, Dist. Amravati. – 444805

Report of Best Practice -1

1. Title of the practice: Yoga for all.

2. Objective of the Practice:

- To make people aware of the benefits of Yoga.
- To teach some basic but effective Yogasanas to the participants.
- To teach some important pranayamas to the participants.
- To teach some simple techniques of meditations.
- To create healthy and positive thinking persons for personal empowerment.

3. The Context:

‘Yoga’ is the most precious gift of India to the world. The Origin of Yoga seen namely in religious book like ‘Patanjali Yogsutra.’ Nobody can deny the benefits of Yoga for maintaining good health. Nowadays doctors also prescribe Pranayamas and Yogasanas to get relief from chronic diseases like Diabetes, Hyper Tension, Spondolysis, Asthma etc. Today Yoga is effectively used to remain fit and healthy as well as for stress reduction, relaxation and self improvements.

4. The practice:

The college has established ‘Yoga Course’ in the college, under the Department of Yogashastra and the Department of Physical Education. The Yoga centre is open for the stakeholders as well as the outsiders. Yoga classes under this scheme are conducted in the morning session. Many students and stakeholders are the regular visitors at the centre. Moreover, college organizes ‘Yoga Day’ on 21st of June every year on a grand scale. The college organizes

various Yoga camps outside the college to make people aware of the benefits of Yoga.

5. Evidence of success:

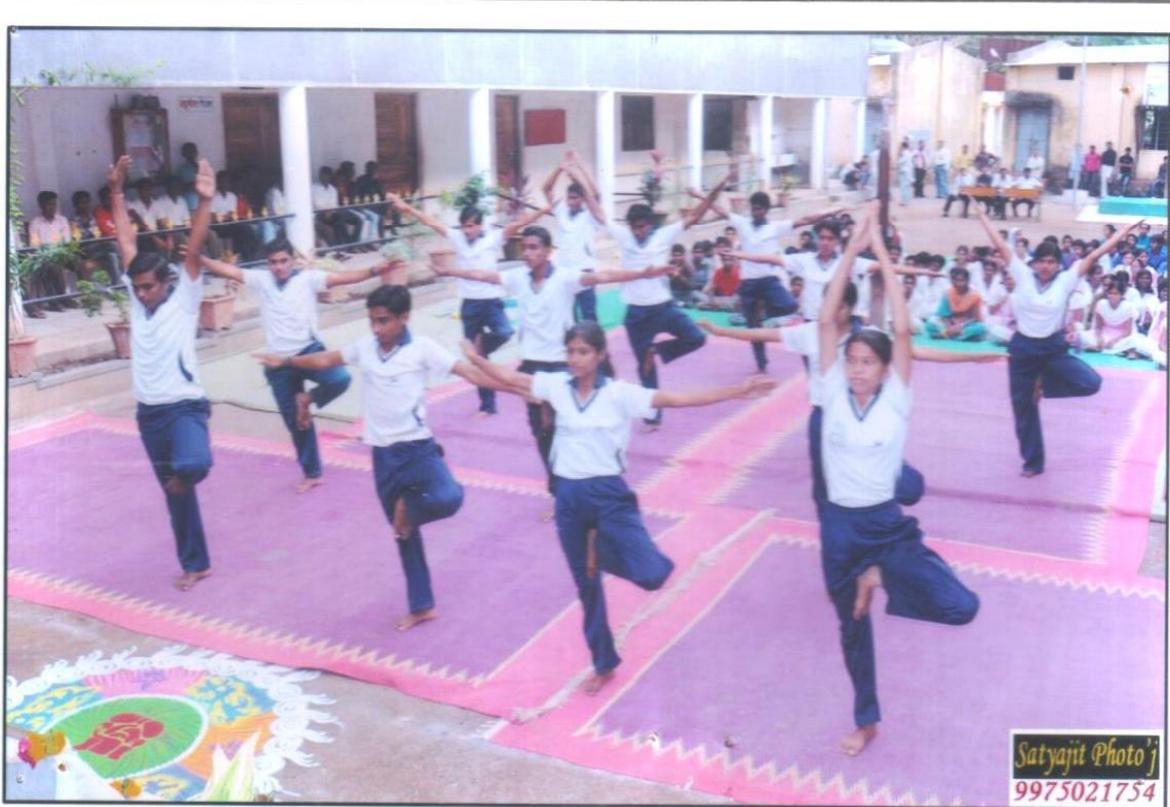
Many students and staff members are now expert in Yoga. The impact of this practice is widespread over college students, alumni, parents, teachers and non-teaching staff. The main objective of Yoga has been achieved to some extent. The students and the stockholders are healthier and confident. Being healthy the students participates in sport competition organized by the University. The sport person are doing well and won colourcoats for the college. The Photographs and documents are maintained as evidence of practice.

6. Problems Encountered and Resources Required:

The main Obstacle to implement the practice is to motivate the students to attend the Yoga sessions. To overcome the problem students are made aware of the benefits of Yoga for overall development of personality by organizing lectures and Camps.







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Two Best Practices

1. Title –

Free Health Club facility for students.

2. Objectives of the Practice –

1. To help the students to maintain their Physical Fitness.
2. To encourage the students to participate in sports activities.
3. To create good sports persons.

3 The Context –

There is a proverb ‘Health is Wealth’ it means that if you are healthy you can do anything you wish. It is found that many students don’t pay attention to their health as they are busy in their studies and classes. Some students who are good sports persons but they are not physically fit. The young persons have immense potential if they use this potential to the best they can do wonders in their lives. The students must be healthy to realize their dreams. To achieve the objectives stated above the college has started ‘Free Health Club facility for students.’

4 The Practice-

The college has established a well equipped health club in the college through UGC grants from the academic year 2013-14. The purpose of this health club is to maintain physical fitness of students who are sports persons and the students who are preparing for various competitive exams. The college management later on decided to give entry to the students of other colleges who are preparing for competitive exams such as Maharashtra Police Service, CRPF and BSF. The other college students are allowed to health club in the morning session. The college students are allowed in the morning as well as evening session. The attendance register of the college and out of the college students. The Department of Physical Education of the college looks after the smooth functioning of the practice.

5. Evidence of success :

There is a rise in the number of the college students participating in sports competition of the University. The students who are regular visitors of the health club are healthier than other students. Even the girl students participate in sports competitions in large numbers and they too visit the health club regularly. Many students have been selected in Police Force, CRPF and BSF. Many students have achieved ranks in the University sports competitions.

6. Problems Encountered and Resources Required:

Many students of the college live in villages near Paratwada. It becomes difficult for them to stay in the college late in the evening so they can’t visit the health club regularly. The students living in Paratwada or living in hostels take the advantage of this practice.